

## Nancy's Garden Recipe Card Contest

### OFFICIAL RULES

**Overview:** First Lady Nancy Schweitzer invites Montana students to participate in a recipe card contest to engage children in childhood hunger issues through gardening, healthy eating, and cooking. Students are invited to submit a favorite family recipe that includes ingredients that can be grown in a garden. Alternatively, students can submit drawings or illustrations of their favorite healthy recipe. The winning recipes and illustrations will be printed on recipe cards and handed out to attendees at the ServeMontana Symposium in Helena February 23-24, 2012. The theme of the symposium is *Growing Montana Communities*.

The recipe contest is part of the First Lady's focus on classroom gardening. Nancy's Garden is the newest feature of the Governor and First Lady's Math & Science Initiative ([mathscience.mt.gov](http://mathscience.mt.gov)). Nancy's Garden provides a gardening experience for every 4th grade student by supplying grow boxes, seeds, lesson plans and instructions for each classroom.

The contest is sponsored by the Governor's Office of Community Service with a grant from the Sodexo Foundation and Youth Serve America. The contest is also a partnership with the Department of Public Health & Human Services to engage children in eliminating childhood hunger. The First Lady believes that when children have a hands-on experience with healthy foods through gardening and cooking, they are more likely to embrace healthy eating choices in the cafeteria and at home.

### **Contest Guidelines:**

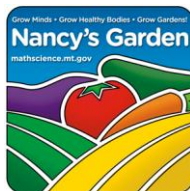
When entering, contestants should ensure that their submitted entries:

- Illustrate **and/or** write a recipe
- Should include fresh, healthy ingredients that could be grown in a garden
- Contain no more than 5-8 ingredients
- Should be 8½ x 11" and demonstrate an original idea
- Include a completed entry form found on the back of this page

**Eligibility:** The recipe postcard contest is open to all students in grades K-8. Afterschool and youth programs are encouraged to participate.

**Contest Period:** Submissions are due to the Governor's Office by Friday, February 3, 2012. Winners will be announced at the ServeMontana Symposium in Helena February 23-24, 2012.

**Prize:** A Montana-made garden basket will be given to contestants with the winning entries.



**Nancy's Garden Recipe Card Contest**  
**2012 OFFICIAL ENTRY FORM**

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade Level: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

School Attending: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I hereby acknowledge and agree that this entry/these entries may be used for reproduction and distribution by the Governor's Office and that the reproduction and distribution may include the student's name, school, grade level, and city/town.

If under 18, this must be signed by a parent or guardian's signature.

Parent or Guardian Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

Entries must be received or sent electronically by Friday, February 3.

**How to Enter:** Fill out this entry form, and send with the original poster design to:

First Lady Nancy Schweitzer  
Office of the Governor  
P.O. Box 200801  
Helena, MT 59620

OR Email [FirstLady@mt.gov](mailto:FirstLady@mt.gov)



Youth  
Changing  
the World

